

# EMILY THOMPSON

Volunteer caregiver

## Compassionate and reliable entry-level home health aide

Certified home health aide with a strong foundation in patient care and daily living assistance gained through training and volunteer experience. Skilled in personal hygiene assistance, meal preparation, and emotional support to improve client well-being. Passionate about providing high-quality care to individuals in need and building positive relationships.

## PROFESSIONAL EXPERIENCE

June 2022 to May 2023

**Helping Hands Senior Center** | Denver, CO

- Assisted staff in providing daily care for 10 residents, including grooming, dressing, and feeding support
- Supported mobility and exercise programs, helping residents achieve physical activity goals
- Maintained clean and organized living spaces, contributing to a safe and welcoming environment


## EDUCATION

High School Diploma | **Denver High School** | Denver, CO


## CERTIFICATIONS

- Certified Home Health Aide (HHA) | State of Colorado
- CPR and First Aid Certified | Red Cross

## CONTACT

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## KEY SKILLS

- Client assistance with ADLs
- Health monitoring
- Meal preparation
- Personal hygiene care
- Safe mobility support